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ABSTRACT

This guide provides information on what Acquired Immune Deficiency Syndrome (AIDS) is, how it is transmitted, and how it can be prevented. The introductory material contains two self-tests on AIDS and HIV infection. The main part of the guide has five sections: (1) AIDS: What It Is; (2) HIV/AIDS: The Size of the Problem; (3) HIV: How It Is Transmitted; (4) HIV Infection: How It Can Be Prevented; and (5) HIV/AIDS: What Else I Need to Know. The guide concludes with review check-ups, HIV/AIDS prevention skills activities, a glossary, and a summary sheet. (JD)

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AIDS:

WHAT YOUNG ADULTS SHOULD KNOW

Second Edition

Student Guide

SP032 204

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AIDS/STD INFORMATION SOURCES

Sources for AIDS/STD help in your community:

1. _____ 2. _____

_____ _____

_____ _____

To learn of the nearest place for AIDS/STD medical care or to get the latest information, call:

Local AIDS Hotline _____
(telephone number)

-or-

National AIDS Information Line

English-speaking: 1-800-342-AIDS
1-800-342-2437

Spanish-speaking: 1-800-344-SIDA
1-800-344-7432

Hearing-impaired: 1-800-AIDSTTY
1-800-243-7889

or

STD National Hotline
1-800-227-8922

(In California, 1-800-982-5883)

(In Alaska and Hawaii call your local health department)

* * *

Minors can get STD treatment without parental consent in every state. That's the law.

AIDS: WHAT YOUNG ADULTS SHOULD KNOW

STUDENT GUIDE

Second Edition

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A Project of the
Association for the Advancement
of Health Education
an association of the
American Alliance for Health, Physical Education,
Recreation and Dance

Scientific Assistance Provided by the
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and Health Promotion
Centers for Disease Control

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This second edition was prepared in accordance with CDC's "Guidelines for Effective School Health Education To Prevent the Spread of AIDS". In addition, it follows recommendations of the Presidential Commission on the Human Immunodeficiency Virus Epidemic. The primary source for statistical information was CDC's *Morbidity and Mortality Weekly Report*.

Special appreciation for this edition goes to the AAHE AIDS Education Project Materials Review Panel and the Project Advisory Board. Along with CDC, these groups reviewed the document for scientific accuracy, curricular approach, and multicultural sensitivity. The Project Materials Review Panel consisted of health education advisors, public school teachers, professional preparation faculty, and parents. The Project Advisory Board included representatives of the American College of Preventive Medicine, American Home Economics Association, American School Health Association, Association of Teacher Educators, National Association for Bilingual Education, National Association of Biology Teachers, National Coalition of Hispanic Health & Human Services Organizations, and National Organization of Black County Officials.

This publication is designed for grades 7-12. It may be usable for young adults above grade 12.

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Second Edition

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Alliance objectives include:

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Bylaws, Article III

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INTRODUCTION

There is no cure or vaccine for human immunodeficiency virus (HIV) or acquired immunodeficiency syndrome (AIDS). But, they are both preventable. They can be prevented by avoiding behavior that results in infection. This guide will inform you about what AIDS is and how HIV is transmitted. You will learn what a person can do to keep from becoming infected with HIV. You will also learn how to prevent the spread of HIV and AIDS.

Accurate knowledge about HIV infection is important to all young adults. This is true whether or not you are at risk. Some young people become infected with HIV because of their sexual practices or intravenous drug use. Many are also at risk for other sexually transmitted diseases (STD). STD are among the most common communicable diseases of young adults. There were 350,000 cases of STD reported last year in the United States in persons under age 25. Undoubtedly, many more cases were not reported. The suggestions given here for preventing HIV infection will also help protect you from all STD.

It is hoped that after reading this guide you will follow HIV prevention strategies. *Individual prevention efforts are the key to avoiding infection and stopping the HIV epidemic.*

SELF-TEST I

HIV Infection and AIDS - Facts or False Ideas?

For each statement below, circle the letter (T, F, or U) that reflects your belief about the statement. Record your answers here if this book is yours to keep, or on another sheet if it is not. This test will not affect your grade. Although it is not required, it will help you to learn how much you already know about HIV infection and AIDS. HIV is the virus that causes AIDS.

After reading this guide, it would be useful to answer these questions again to see how much you learned.

Answer Key: T = True; F = False; U = Undecided

T F U 1. Everyone infected with HIV has developed AIDS.

T F U 2. HIV destroys certain cells that help the immune system protect a person from diseases.

T F U 3. A person with HIV can pass it on even though that person shows no AIDS symptoms.

T F U 4. During sexual activity, HIV can be transmitted through semen and vaginal fluids.

T F U 5. Drug users who share drug needles or syringes are at a very high risk for getting HIV.

T F U 6. A person can get HIV from *giving* blood.

T F U 7. Only homosexual or bisexual men get infected with HIV.

T F U 8. HIV infection is not a problem among Blacks and Hispanics.

T F U 9. Women can transmit HIV to their male sex partners.

T F U 10. A positive antibody test for HIV means that the person is infected with HIV and that there are antibodies in the person's blood.

T F U 11. Students who have engaged in high-risk sexual or intravenous drug using behaviors can get confidential HIV counseling and testing.

Answers: The correct answers are given below. Information related to each statement is given in this book. The page where you can learn more about each statement follows the answer.

1. F, p. 7
2. T, p. 7
3. T, p. 8
4. T, p. 13
5. T, p. 13
6. F, p. 14
7. F, p. 13
8. F, p. 10
9. T, p. 13
10. T. p. 14
11. T. p. 15

SELF-TEST II

Thoughts About HIV Infection and AIDS

For each statement below, circle the symbol (− , 0, or +) that most clearly describes what you think. Record your answers here if this book is yours to keep, or on another sheet if it is not. This test is not required, but you might enjoy learning about some of your beliefs concerning HIV infection and AIDS. After reading this guide, it would be interesting to answer these questions again to see if your beliefs have changed.

1. HIV infection is not as bad as the media portrays it.	− disagree	0 neutral	+ agree
2. People with HIV infection get what they deserve.	− disagree	0 neutral	+ agree
3. HIV/AIDS education in schools is a waste of time.	− disagree	0 neutral	+ agree
4. Teenagers do not need to be taught how to avoid HIV infection.	− disagree	0 neutral	+ agree
5. Persons practicing sexual abstinence or fidelity to avoid HIV infection are over-reacting.	− disagree	0 neutral	+ agree
6. Persons do not need to use a condom when having sex with someone they know well.	− disagree	0 neutral	+ agree
7. Students with HIV infection should not be allowed to attend school.	− disagree	0 neutral	+ agree
8. People with HIV infection should not be permitted in public.	− disagree	0 neutral	+ agree
9. One should stop being friends with a person who has AIDS.	− disagree	0 neutral	+ agree

10. More help should not be given to persons with HIV infection or AIDS.	– disagree	0 neutral	+ agree
11. HIV/AIDS research is not needed.	– disagree	0 neutral	+ agree

If you circled:

– Reflects an attitude which can help prevent HIV infection and AIDS.

0 Reflects no opinion.

+ Reflects a lack of understanding about how to prevent HIV infection and AIDS.

Did you know that:

1. HIV is passed (1) during sex, (2) by intravenous drug "works" (needles and syringes) that contain blood having the virus, and (3) from an infected woman to her child during pregnancy, delivery, or breast-feeding.
2. Sexual abstinence, sexual fidelity, condom use, and avoiding intravenous drug use are the best ways to prevent infection.
3. There is no cure or vaccine for HIV infection or AIDS.

AIDS: WHAT IT IS

The **acquired immunodeficiency syndrome***, or **AIDS**, is a serious health problem in our country. First reported in 1981, AIDS is caused by a **virus** that can destroy the body's ability to combat certain **infections** and cancers. Persons with AIDS usually develop or acquire diseases that can lead to death. Over 50 percent of persons ever diagnosed with AIDS in the United States have died. No one has completely recovered from AIDS. Most people with AIDS have lived less than two years after the **diagnosis** is made.

The Cause of AIDS

Researchers have found that AIDS is the worst end result of an infection caused by a certain virus. The virus has been given different names. The preferred term now is **human immunodeficiency virus**, or **HIV**.

How HIV Infection Differs From Having AIDS

HIV infection means having HIV in the body. When a person has the virus, he or she is considered to be infected whether

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*Some words are in boldface type. Each of these terms is defined in the Glossary on page 34.

or not AIDS ever develops. Not all persons with HIV infection have developed AIDS. Having AIDS means the virus has done enough damage to allow certain severe diseases to become established in the person. These diseases are usually what makes a person with AIDS so ill.

What Happens When a Person Has an HIV Infection

HIV destroys certain cells that help the **immune system** protect a person from diseases. Persons with HIV infection may get many illnesses that are usually not acquired by people with a healthy immune system. These diseases, known as **opportunistic diseases**, are frequently severe and can cause death. Many persons having HIV infection do not know they are infected until **symptoms** develop. Even then, they cannot tell whether it is HIV that is causing the symptoms. They must go to a doctor or clinic to get a test to tell for sure. Generally, before being classified as having AIDS, an HIV-infected person must also have an opportunistic disease or certain other serious conditions. Two common opportunistic diseases are a lung infection called ***Pneumocystic carinii*** **pneumonia (PCP)** and a cancer, **Kaposi's sarcoma (KS).**

Symptoms of HIV Infection

The symptoms of HIV infection may not appear for a long time after the person gets infected with HIV. The **incubation period** (the time between acquiring the virus and having symptoms) ranges from a few months to ten years or more. Initial symptoms of HIV infection usually are the same as those of common minor illnesses, such as the cold or flu.

Symptoms of persons infected with HIV can include the following: tiredness, swollen lymph glands, fever, loss of appetite and weight, diarrhea, and night sweats. The presence of these symptoms *may* indicate an HIV infection. It is easy to confuse these symptoms with other infections. Some persons infected with HIV have these symptoms all the time. Most have periods of both health and illness. However, over time the symptoms may become more frequent and severe.

A person cannot determine for sure if he or she has an HIV infection. Only a health care professional can diagnose the con-

dition. Anyone who has symptoms of HIV infection for more than two weeks should see a physician.

Infection Leading To AIDS

The percentage of persons with HIV infection who develop AIDS is not known exactly, but it is high. However, U.S. Public Health Service scientists have observed that up to 48 percent of HIV-infected persons have developed AIDS within ten years after becoming infected. More infected persons are expected to develop AIDS in time. The final percentage of persons developing AIDS is not yet known. For persons developing AIDS, it can take years for the symptoms to appear. HIV can be **transmitted** soon after a person becomes infected and probably throughout that person's life.

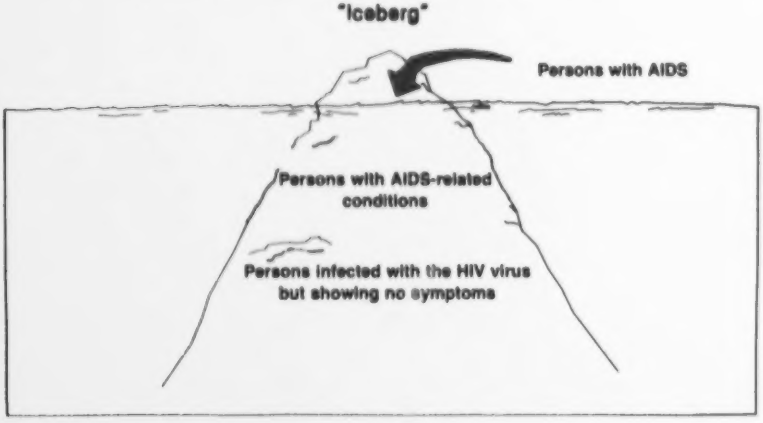
No Cure or Vaccine

As yet, there is no cure for AIDS. Nor is there a vaccine to prevent infection with the virus. HIV/AIDS has become one of the top research priorities of the U.S. Public Health Service. Many scientists are working hard to develop prevention and treatment methods.

HIV/AIDS: THE SIZE OF THE PROBLEM

The number of AIDS cases is increasing in the United States as well as in many other nations. Since AIDS is the end result of a long period of HIV infection, the number of AIDS cases is like the tip of a very large iceberg. (See Figure 1.) For instance, scientists estimate that 1 to 1.5 million persons of the 240 million in the U.S. are infected with HIV. The Public Health Service projects that by the end of 1992, a cumulative total of 365,000 persons will have been diagnosed with AIDS and that 263,000 of these persons will have died.

Figure 1: AIDS: THE SIZE OF THE PROBLEM


"Iceberg"
Persons with AIDS
Persons with AIDS-related conditions
Persons infected with the HIV virus but showing no symptoms

HIV/AIDS in the United States

In the U.S., the largest number of diagnosed AIDS cases has been among: (1) male **homosexuals**, or males who had sex with other males and (2) male **bisexuals**, or males who had sex with both males and females. Some of these people were also **intravenous drug** users.

AIDS has also been diagnosed among **heterosexuals**. In these cases, at least one sexual partner is or has been at risk for HIV infection. For example, some cases of heterosexual transmission can be traced to a partner who has been an intravenous drug

user; HIV infection is prevalent among such persons. In other cases, HIV was transmitted through the sex partners of males or females who acquired the virus through infected blood or blood products.

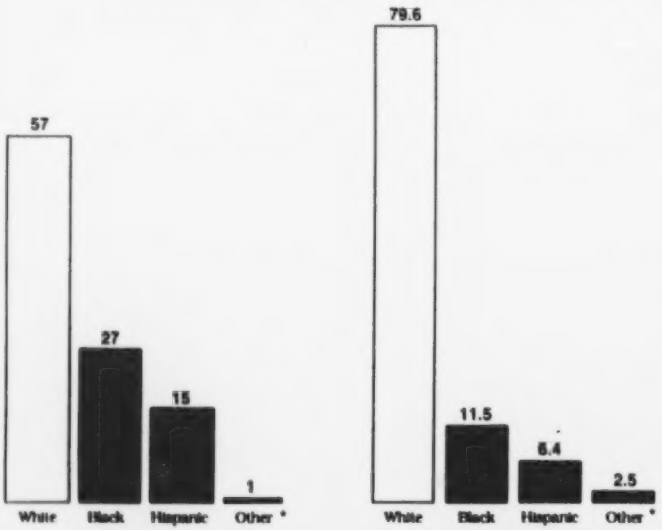
Some persons with AIDS were **recipients** of tranfused blood or certain **blood-clotting factors**. Nearly all of these persons became infected with HIV before screening of blood donations began in 1985. Lastly, many children of infected mothers became infected with HIV before or during birth.

People infected with HIV live in every state in the U.S. They live in cities, in suburbs, in small towns, and in rural areas. In 1985, fewer than 60 percent of AIDS cases reported in the U.S. occurred in people living outside New York City and San Francisco. But by 1991, more than 80 percent of the cases will be reported from these areas.

Males and females, adults and teenagers are infected. Most persons who have AIDS are in the late 20s through the 40s. Because of the few AIDS cases occurring in persons below age 20, many teenagers do not believe that young people need to worry about HIV infection. These misinformed young adults do not understand that certain sexual activity and intravenous drug use practices can put them at risk. Also, it is important to know that about 21 percent of AIDS cases have been in the 20-29 age group. AIDS has a long incubation period between infection with the virus and the appearance of symptoms. This means that some persons in the 20-29 age group probably acquired the virus when they were teenagers. Hence, teenagers who practice risky sexual behaviors or who use intravenous drugs may become infected with HIV, but the symptoms may not appear until they are in their 20s.

People of every race are infected, including Whites, Blacks, Hispanics, Native Americans, and Asian/Pacific Islanders. Among Blacks and Hispanics the number of new AIDS cases is growing more rapidly than it is for Whites. Thus, the number of AIDS cases among Blacks and Hispanics is greater in proportion to their percentage of the total U.S. population than for Whites. That is, Blacks make up about 12 percent of the U.S. population, but account for about 27 percent of the reported AIDS cases. Hispanics represent about 6 percent of the population and account for about 15 percent of the AIDS cases. (See Figure 2.)

Figure 2: Comparison of U.S. AIDS Patients and the U.S. Population Percentages by Race/Ethnicity, April 1989



*Asian, Pacific Islander, American Indian, and Alaskan Native

Intravenous drug use, heterosexual activity, and male homosexual and bisexual activity, play an important role in HIV transmission among Blacks and Hispanics, just as they do in other race/ethnic groups. Further research is needed to better understand the reasons for the proportionately higher rates of AIDS cases among Blacks and Hispanics. Meanwhile, education and health officials must make major efforts to teach Blacks and Hispanics how to avoid HIV infection.

HIV/AIDS Outside the United States

AIDS has been reported in nearly all nations. By the fall of 1989, over 140 countries had reported at least one AIDS case to the World Health Organization.

The majority of persons with AIDS in our country and most European nations are homosexual men, bisexual men and intravenous drug users. However, in other countries, AIDS is more common among heterosexual men and women. In some

central African countries, HIV seems to be mainly transmitted by heterosexual contact. Nearly equal numbers of females and males are infected there. Having many heterosexual partners and certain **sexually transmitted diseases (STD)** seem to be important risk factors. Also, heterosexual transmission appears to be increasing in some parts of Latin America and the Caribbean. These facts suggest that heterosexual transmission is an important way HIV infection is spread.

HIV: HOW IT IS TRANSMITTED

Methods of Transmission

HIV may be present in certain body fluids, mainly blood, **semen**, and **vaginal fluids**. Anyone — heterosexual, homosexual, or bisexual — engaging in risky behavior with an infected person can acquire the virus from these fluids. Who you are has nothing to do with your chance of being infected. It is *behavior* that puts you at risk.

There are only three ways HIV can be transmitted:

1. *SEXUAL CONTACT*

Sexual intercourse is the most common way HIV is transmitted. It can be passed when an infected person has **vaginal intercourse** or **anal intercourse**. **Oral-genital** or **oral-anal** sex may also be ways HIV is transmitted. Anal intercourse can result in tears of the tissues of the **rectum** that can help the virus pass from one person to the other. A person of either sex can transmit the virus to the other sex. Males can pass HIV to other males during sex. However, there have been hardly any female to female sexual transmissions of HIV.

Other STD such as gonorrhea, syphilis, herpes, and chlamydia can also be contracted through intimate sexual behavior. A person who has a sexually transmitted disease and engages in risky behavior with an HIV-infected person may have a greater chance of becoming infected with HIV.

2. *EXCHANGE OF BLOOD*

Blood-to-blood contact between an infected person and someone else is the second most common way HIV is passed. This method of transmission is now almost entirely limited to persons injecting **illicit drugs**. The sharing of **intravenous drug needles, syringes**, and other drug equipment allows the exchange of blood.

Early in the HIV epidemic, some infections were transmitted by **transfusions** of blood or certain medicines made from blood. For example, many persons with **hemophilia** became infected this way. Since 1985, donated blood is screened using tests that detect **antibodies** to HIV. Any blood having the antibodies is not used for transfusion. Donors of semen and body organs must also be tested for HIV antibodies. Also, the blood clotting

factors given to people with hemophilia now receive a special treatment that kills HIV.

The HIV-antibody tests do an excellent job of detecting HIV antibodies. Thus, the blood supply is now far safer than it was in the early years of the AIDS problem. Also, persons who are at risk for having the virus are requested not to donate blood. It is now very unlikely for a person to become HIV-infected from blood transfusions. To be absolutely safe, some people who know they will have surgery donate their own blood a few weeks before surgery. This blood is stored in a blood bank and then given back to the donor during surgery if that person needs it.

Lastly, a person cannot get infected from *donating* blood. All equipment used to collect blood donations is **sterile**.

3. *MOTHER TO CHILD*

About one percent of AIDS cases in the U.S. occur in children. Most children with HIV contracted it from their infected mothers during pregnancy or childbirth. If a woman is infected, her child has about one chance out of two of being born with the virus. The virus may also be transmitted by breast-feeding. Hence, women who have a positive HIV-antibody test should avoid pregnancy or, if recently delivered a child, should not nurse. Also, women thinking about becoming pregnant should find out if their partner has the virus. Women who are or who plan to become pregnant should insist that their partner use a condom if he may have practiced risky sexual behavior or used intravenous drugs.

Knowing If Someone Is Infected

Since HIV is *not* transmitted by **casual contact**, most people do not need to worry about whether those around them are infected. Preventive counseling and the HIV-antibody test are available to persons who have engaged in risky behavior or suspect they may be infected. A positive test result means that a person has been infected with HIV and that there are antibodies in the person's blood. It is important to know that a positive test result does not mean that the person will develop AIDS, but the odds are great. Some persons with the positive test have become ill and others have not. The percentage who will become ill is high. Testing positive also means that the person can transmit the virus. Therefore, people who are in-

fected should practice **sexual abstinence** or low-risk behavior and never use or share intravenous drug needles and syringes.

The HIV-antibody test is very accurate. However, no medical test is perfect. For example, a few persons' test results may be positive when there are no antibodies present (called false positives). This is why every positive test is repeated, at least twice, before a person is informed of the test results. Nearly all false positive results are excluded by this process.

A negative test means that no HIV antibodies were found in the person's blood. This may mean that the person has not been infected with the virus. The test result may also be negative if the blood sample is taken soon after the person got infected. There may not have been enough time for the antibodies to develop. In general, it takes between 6 and 12 weeks for enough antibodies to develop to show up on the test. Therefore, persons who have practiced risky behaviors within 12 weeks of a negative test may need to take another test. This is something they should discuss with the doctor or health counselor. Sometimes an infected person may test negative when there are antibodies present. This is called a false negative. These cases are rare.

If a person does not practice risky behavior, there is no need to take an HIV-antibody test. If someone is at risk, it may be wise for that person to talk with a doctor or health care counselor about taking the test. Some people have concerns about the **confidentiality** of test results. Local or state health departments provide confidential counseling and testing for all persons, including teenagers. Some health departments also provide **anonymous** testing. Knowing their test results can help infected people make important decisions about their health and the health of others.

It is a very bad idea for someone to donate blood to find out if they are infected with HIV. It is best to have HIV counseling and testing through the health department or a doctor.

Other Concerns About Transmission

Many people have developed a strong fear of AIDS. This fear has come about for several reasons. For example, people know that AIDS is a deadly disease. Information about HIV infection and AIDS is reported almost daily in newspapers and on radio and television. There are many myths about how the virus is transmitted.

For some persons, fear of HIV infection is justified. They are at risk because of their sexual behavior or use of intravenous drugs. But for most people, fear of HIV infection is *not* justified.

HIV is not highly contagious. It is *not* spread by casual, social, or family contact. Many transmissible diseases like the cold, flu, or measles are passed through sneezing, coughing, sharing of utensils, or being near an infected person. HIV infection is *not*. It is different. Studies have been done to see if persons infected with HIV might pass it nonsexually to others living in the same household. No cases were found where HIV infection was transmitted by just being near infected persons.

People can work with others, use public toilets, telephones, and swimming pools, eat at restaurants, and attend public events without the fear of getting HIV. You have no risk of getting the virus, for example, when eating with, or shaking hands with, a person who is infected with HIV or who has AIDS. You will not get it by being on a bus, train, or crowded elevator with a person who has the virus. Also, children with HIV infection pose no risk for other students in schools.

HIV has been found in **saliva** and tears of a small percentage of HIV-infected persons. In these people, the amount of the virus found in these fluids is very small. This may explain why there have been no reported cases where the virus was passed through these fluids. In theory, deep, open-mouth ("French") kissing could transmit HIV through direct exposure of mucous membranes to infected blood or saliva. However, there have been no reported cases of HIV transmission by such kissing. You cannot get the virus from sweat, tears, **urine**, or a bowel movement. Also, persons caring for another family member with AIDS who take common sense precautions are not at risk for HIV infection.

Some people have worried that insects, like mosquitos, can spread HIV. However, insects are not capable of transmitting the virus. There are no cases that have occurred in this way. Studies of persons with AIDS in central Africa and in Florida indicate that transmission only occurs through sexual contact or the use of unsterile needles or syringes. You will not get HIV from bed bugs, lice, flies, or other insects either.

Remember, HIV is passed:

- through sexual intercourse (vaginal, anal, and probably oral),
- by infected blood in intravenous drug equipment, and

- from an infected woman to her child during pregnancy, delivery, or breast-feeding.

HIV INFECTION: HOW IT CAN BE PREVENTED

Persons can reduce their risk of getting HIV by doing certain things. The behaviors listed below should be followed to prevent the spread of the virus.

Risk Reduction Related to Sex

A person who is sexually active can get or spread HIV during sex. The sexual precautions for preventing HIV infection are like those used for other STD. Some of these behaviors may also prevent unwanted pregnancy.

1. *SEXUAL ABSTINENCE*

The most certain way of not getting an HIV infection is to avoid sexual contact with infected persons. This is best done by practicing sexual abstinence, meaning not having sex with anyone. Sexual abstinence in young adults is a normal and healthy choice. Furthermore, people who are abstinent usually have fewer problems than those who get sexually involved too early. Studies have shown that sexually active girls in grades 7-9 have less desire to go to college than their abstinent counterparts. Boys who are sexually involved have lower grades than those who abstain. Also, there are serious physical and mental health risks for early sexual activity. These include emotional trauma, vulnerability, and depression after a romance ends; sexually transmitted disease; negative side effects of many female contraceptives; and unplanned pregnancy. Teenagers who become mothers usually drop out of school and are likely to be unemployed. Their babies have lower birth weights than babies of older mothers. Also, the babies run a higher risk of dying in infancy or becoming teenage mothers themselves.

2. *SEXUAL FIDELITY*

It is very unlikely that a couple who practices **sexual fidelity** — having sex with one person only — will become infected with HIV. Sexual fidelity can occur in marriage or in a long-term steady relationship. Fidelity is effective unless one partner is infected at the start of the relationship or uses intravenous drugs and shares the needles or other drug equipment. It is not always possible to know if a partner is sexually faithful or

is infected with HIV. This is one reason why it is wise to wait for sex until a person can form a long-term, mutually faithful relationship with an uninfected person. Most religious groups believe that sex should be postponed until marriage. Other factors, such as maturity, personal and family values, and age, should also be considered when deciding whether to have sex.

3. *REDUCING THE RISK DURING SEXUAL INTERCOURSE*

Persons who engage in sexual intercourse outside of a long-term sexually faithful relationship with an uninfected person should do certain things. They should avoid sexual relationships with people who are at high risk of infection, such as intravenous drug users, and should avoid exposure to semen, vaginal fluids, and blood. This advice also applies if it is not known whether the partner is HIV infected or uses intravenous drugs. One should also avoid genital or mouth contact with a partner's semen, blood, vaginal secretions, or body waste.

The proper use of **condoms**, also called rubbers, is an important way of preventing HIV from entering one's body. Proper use includes putting a latex condom on the penis before any sexual activity begins, not just before intercourse. At the end of the condom an empty space should be left to collect semen. One should be careful not to allow the condom to slip off when the penis is removed after intercourse. Also, a condom should never be reused.

While the condom can greatly reduce chances of HIV infection, it is not 100 percent effective. It is possible for a condom to leak, break, or slip off. Using birth control foam, cream, or jelly, *along with a latex condom*, may provide more protection. **Spermicides**, such as those having nonoxynol-9, which can kill many bacteria and viruses, are strongly suggested. Some condoms are packaged with nonoxynol-9 on them. Other birth control methods, such as birth control pills, *do not protect* the user from HIV infection. The natural membrane ("sheepskin") condoms protect against pregnancy and some sexually transmitted diseases. But they do not always protect against sexually transmitted diseases caused by viruses, such as HIV and genital herpes. Therefore, it is wisest to properly use the latex condom. It will have the word "latex" on the package.

Many couples express love and affection without having sexual intercourse. This is especially important for couples who are not sure if one or both partners are infected with HIV.

4. *CAREFUL SELECTION OF PARTNERS*

Anyone thinking of having sex outside of a long-term, sexually faithful relationship with an uninfected partner should consider that anyone could be infected with HIV. It is impossible to determine if a person is HIV infected by just looking at him or her. Therefore, it is important to know if a partner is at risk, or has had partners at risk. One should feel free to discuss concerns about HIV infection and AIDS with any possible partner. Stating that you care about the health and well-being of both of you can be a way of starting the discussion. One should not have sex with a person who will not talk about such issues.

Having sex with any of the following increases your chance of HIV infection:

- persons who test positive for HIV
- persons with medical evidence of HIV infection
- males who have had sexual intercourse with other males
- persons who have used intravenous drugs
- persons who have had several sex partners
- persons who have had any sexually transmitted disease
- female and male **prostitutes**
- persons who received blood-clotting products and blood transfusions before 1985
- sex partners of infected persons or persons at increased risk

Anyone who is HIV infected can transmit the virus to others. It is not always possible to know if a person is at increased risk. Therefore, either sexual abstinence or fidelity is the surest way to protect oneself. Another way to greatly reduce, but not eliminate, risk of infection is to insist that new sexual partners be tested before starting sex with them. Old test results are not reliable, especially if the person has since engaged in risky behaviors. If you do not choose one of these ways, it is important for you to use a latex condom. Proper condom use can *reduce* but not eliminate your chances of infection.

5. *AVOID MULTIPLE SEX PARTNERS*

The more sex partners a person has, the greater the chance of getting an HIV infection, even if condoms are used.

Risk Reduction Related to Drug Abuse

Persons using intravenous drugs often share their needles and syringes. This can result in a small amount of blood being

exchanged. If the blood contains HIV, then the virus can be passed to anyone who uses the needle or syringe.

The best way of not getting HIV from drug needles and syringes is not to use intravenous drugs. If a person does use illicit drugs, needles should never be shared or reused. Since use of intravenous drugs has major health risks, users should seek help in a drug treatment program.

A person using intravenous drugs is more likely to acquire certain diseases. Drugs like alcohol, **amphetamines** (speed), **marijuana**, and **nitrites** ("poppers") all cause health problems. Also, drug use may alter one's judgement causing the person to try a high-risk behavior.

Effective Communication With Others

One important task of becoming a mature adult is developing the ability to communicate with others. Persons need to learn how best to communicate their thoughts, feelings, values, needs, and standards of behavior. Good communicators are less likely to do things against their values or beliefs. It is very important that a dating couple be able to talk effectively with each other.

To be a good communicator, you should be clear about your values. Then you should stand by them. You might plan what to say and do if someone tries to pressure you into unwanted sex or intravenous drug use.

There are many ways to improve communication. Here are a few,

- picking a good time and place to talk
- deciding what to say at the beginning
- talking about why talking is important
- using "I" messages
- using nonverbal messages, such as eye contact
- listening carefully
- providing feedback
- respecting the other person's views and values
- being specific about your values and needs

Being a good communicator takes practice and work. You might talk to your parents, a counselor, teacher, or religious leader to learn how to improve your ability to communicate with others about values.

Control Strategies

As stated earlier, there is no cure or vaccine for HIV infection or AIDS. Drugs to destroy the virus and restore the immune system are being researched, but are not yet available. Some drugs inhibit the growth of HIV and the patient's health improves to the point where periods of fairly healthy life are often possible. However, the person still has HIV infection and still can die of AIDS.

Scientists are also trying to create new treatments and an HIV vaccine. These tasks have been very difficult. There are many obstacles to overcome, and even though progress is being made their discovery is not expected soon.

Education is still the best way to prevent HIV infection and AIDS. Health education programs are being conducted that are aimed at the general public and high-risk groups. These programs try to show people the advantages of adopting low-risk behaviors.

Persons who practice risky behavior are encouraged to get counseling and take the HIV-antibody test. Infected persons are taught how to avoid infecting others. They must not donate blood, semen, or body organs and tissues. Persons with a positive test are encouraged to get their sex and needle-sharing partner(s), and perhaps their babies and children, tested for HIV infection. Since persons testing positive often assume they will develop AIDS, a positive test can cause anxiety and depression. Therefore, it is wise for those seeking HIV testing to request counseling. Importantly, those with negative results are encouraged to practice behaviors that reduce their chances of infection.

HIV/AIDS: WHAT ELSE I NEED TO KNOW

Promoting HIV/AIDS Prevention Efforts

Resources and human concern related to HIV infection and AIDS have been increasing. But, there is more that can be done. Often, people can do as much to solve a health problem as medicine and the government. Individuals like you can do certain things to help.

1. *SERVE AS A RESPONSIBLE ROLE MODEL*

One of the most important things you can do is to serve as a positive role model for your peers. If you practice abstinence and do not engage in intravenous drug use, you are setting a healthy example for your peers and those younger than you. Your responsible health behaviors, and your advocating these behaviors in discussions with friends, may influence others to practice the same lifestyle. This strategy also means that you should not pressure others to practice risky behavior.

2. *PROMOTE HEALTHY PEER NORMS*

Some young people engage in behaviors that expose them to HIV infection. These behaviors are often considered to be the standards or "norms" of behavior for all young adults. There are several reasons why young people engage in risky behaviors. For example, some may believe that they cannot get HIV. Others may believe that all, or most, young people are engaging in risky behaviors. Peers may pressure them to behave a certain way. Also, some may have concluded that risky behaviors are the only ways to have fun.

As a person who knows the important HIV/AIDS facts, you can try to influence the peer norms to be more healthy. You can, for example, inform your peers that not all young people are engaging in risky behaviors and that avoiding these behaviors is both "normal" and "wise". You can teach others how to deal with peer pressure. Also, you can discover and promote ways of having fun that do not expose persons to infection.

3. *CORRECT MISINFORMATION*

There are many false ideas about HIV and AIDS. When talking with others, you can correct such fallacies. You can help create and support, in your school or town, an HIV/AIDS resource center of accurate information. The center could contain articles, research reports, pamphlets, and books. Call your state or local health department or the National AIDS Information Line (see inside front cover for telephone number) for ideas about materials.

4. *SUPPORT A FRIEND WHO HAS AIDS*

Many persons with AIDS have been mistreated. Some have lost jobs and homes. Others have been denied medical and social services. Still others have been rejected by family, friends, and co-workers. Hence, many persons with AIDS have felt isolated and emotionally distressed.

If a friend develops AIDS, you may be fearful and confused about what to do. First, remember that HIV is not passed by casual contact. This means that hugging and handholding, for example, will not infect you.

The friend needs your support and understanding. You should treat the person as you have in the past. Tell the person that you will continue being a friend. Continue sharing activities and conversation. The friend may want to discuss worries and concerns. Listen.

The families of persons with AIDS also need help. They may be living with the fact that their loved one is dying. Concerned friends can be very valuable to these families.

5. *PROVIDE FINANCIAL SUPPORT*

Financial and other resources are needed to conquer AIDS. Funds can help many projects, such as educational programs and medical research. Health care services are needed. Support services for persons with AIDS and their families and friends are valuable. If you want to help, you might help organize and/or support fund-raising drives through a club or similar group. If there is a local HIV/AIDS service agency in your area, call to see what you can do.

6. *VOICE CONCERN TO OFFICIALS*

Schools, businesses, and government agencies are developing policies and laws concerning HIV infection. You should be alert to legislation being proposed, and make your opinions known to officials and legislators. All people can be advocates for HIV education, research, and health care services.

7. *SERVE AS AN HIV/AIDS VOLUNTEER*

There are several ways a person can volunteer. Besides being an information resource, you can assist persons with AIDS and their families. For example, some may need transportation to treatment or help in home care. Volunteers can organize an educational program or direct group efforts to influence policies and laws concerning HIV/AIDS.

Keeping Informed About HIV/AIDS

Since HIV/AIDS is a major research priority, new information that affects us is often discovered. It is important to keep up-to-date. There are sources where you can get the latest facts. Also, there are ways you can share the information with others.

1. *SOURCES OF INFORMATION*

Contact the local or state health or education department, a physican, or a local AIDS telephone hotline for information. These sources can also provide the location of testing, health care, and support services. The local health department is usually listed in the telephone book under county or city government offices. You may also call the local information operator. Your teacher can help you learn how to contact these people or groups.

Once you have the above information, write it on the form on the inside front cover of this book. If you cannot keep this book, ask your teacher for a copy of the form. With the information on the sheet, you can easily get the details for contacting the sources if needed.

A national, toll-free telephone number can also be called. The U.S. Public Health Service has the 24-hour National AIDS Information Line at 1-800-342-AIDS (English-speaking), 1-800-344-SIDA (Spanish-speaking), or 1-800-AIDSTTY (hearing-impaired).

2. *SHARING HIV/AIDS FACTS WITH OTHERS*

Your friends or family may not be as well informed about HIV infection and AIDS as you. You can tell them that you have learned the latest facts and would be glad to share them. This guide can also be loaned to others. Ask your library to get it, plus other materials available from the health department.

The HIV/AIDS Summary Sheet, found at the back of this guide, can be distributed. It could be reprinted in your school newspaper or placed on a school bulletin board.

Hope for the Future

As the problem of HIV infection and AIDS continues to grow, research efforts become more important. Scientists are now working hard in several areas. For example, they are trying to develop treatments for those infected. Tests to better detect evidence of HIV infection are being sought. Drugs that can help restore the immune system are being tested. Experts are studying how the virus is spread and ways to control the epidemic. It appears that the solutions to these problems are not as near as we would like. Many more resources are needed.

HIV infection is more than a medical problem. It affects the social, economic, political, and legal segments of a community. So the whole community must work together to prevent HIV infection and care for persons with AIDS. Health care workers, social and government agencies, civic and advocate groups, religious organizations, and researchers should unite to combat HIV/AIDS. As people learn more about the disease, our capacity to respond with compassion and resources will expand. By taking responsibility for your own health, by helping others to understand HIV and AIDS, and by being compassionate to those infected, you will be joining the fight against the HIV epidemic.

CHECK-UP

PLACE ANSWERS HERE ONLY IF YOU CAN KEEP THIS BOOK:

1. What are the three ways HIV is transmitted?

   _____

   _____

   _____

2. What device, if properly used, can provide an important way of preventing HIV from entering a person's body during sex?

   _____

3. It is nearly impossible for a couple to become HIV infected when both are sexually faithful to one another.
   TRUE FALSE
4. The fear of HIV infection from casual contact is justified.
   TRUE FALSE
5. Only homosexual and bisexual males get AIDS.
   TRUE FALSE

Answers to Check-up:

1. HIV is passed (1) during sexual intercourse, (2) by infected blood in shared intravenous drug needles or syringes, and (3) from an infected woman to her child during pregnancy, delivery, or breast-feeding.
2. The condom. It should be used during all types of sexual contact. The latex condom provides the best protection.
3. TRUE. The chance is nearly zero unless one person was infected with HIV when the relationship began, or becomes infected.
4. FALSE. This virus is not spread by casual, social, or family contact.
5. FALSE. Heterosexual females and males have gotten HIV infection and AIDS.

WHAT DO YOU THINK?

DON'T WRITE YOUR RESPONSES TO THESE QUESTIONS, BUT TRY TO ANSWER THEM IN YOUR MIND.

1. Are most people responsible enough to keep themselves, and any sex partner or friend, free of HIV infection?
2. Could you continue being friends with someone who has AIDS? Why?
3. Is it right to discriminate against people with AIDS?
4. What can be done to help people become more supportive of HIV/AIDS education and research and more compassionate toward persons with AIDS?

HIV AIDS PREVENTION SKILLS ACTIVITIES

A person needs many personal skills to avoid HIV infection. Most of these skills concern (1) knowing one's own values and standing up for them, (2) decision-making and problem-solving, and (3) good communication with others. These skills may take several years to develop. To help you become better at some of them, a few of the skills are addressed in activities below. You may want to learn more about such prevention skills from your parents, a health care counselor or teacher.

• • •

Activity #1: Refusal Lines

Sometimes others may try to get you to have sex or use intravenous drugs against your wishes. They will try to convince you by saying certain things. It helps to resist their pressure by using a refusal line.

Create a refusal or argument line for each of the pressure statements given below. The example may help you understand the activity.

Pressure Line	*Refusal Line*
1. If you love me, you'd have sex with me.	*If you love me, you wouldn't pressure me to do something I don't want to do.*
2. All of our friends are having sex.	_____ _____ _____ _____
3. We really can't get to know each other unless we have sex.	_____ _____ _____ _____
4. I'll quit dating you if we don't have sex.	_____ _____ _____ _____

5. Using a condom for sex is too much trouble.

_____
_____
_____
_____

6. Drugs make life more fun.

_____
_____
_____
_____

To get more relaxed using the refusal lines, practice the lines with a friend.

Activity #2: Personal HIV/AIDS Prevention

Being responsible for prevention of HIV infection involves several aspects. This activity deals with two: (1) talking about prevention with a dating partner with whom you may have sexual contact, and (2) avoiding unwanted behavior.

PART A: TALKING ABOUT PREVENTION

1. When you are trying to talk with a dating partner about HIV/AIDS prevention, the opening line is sometimes the most difficult. Create one or two opening statements that could be used to get the talk started.

_____
_____
_____
_____

2. When talking about HIV/AIDS prevention, one might need to clearly state his or her view. That is, an assertive — not passive — statement should be made. Create one or two assertive statements concerning prevention of HIV infection with a dating partner. (Example of assertive statement: I will not have sexual intercourse. Example of passive statement: I will do whatever you say.)

_____
_____
_____
_____

3. Practice the statements from #1 and #2 with a friend.

PART B: UNWANTED BEHAVIOR

1. In what situations might unwanted sexual behavior or drug use be more likely to occur?

_____

_____

_____

_____

2. What are ways other than sexual intercourse to express love and affection?

_____

_____

_____

_____

Activity #3: Finding HIV/AIDS Help in the Telephone Book

You may desire more information about HIV infection and AIDS. Perhaps you may need to talk with a health care counselor about whether or not to take the HIV-antibody test. Most communities have HIV/AIDS help available. But you may not know where to go or whom to call. This activity is designed to help you learn how to find such help in a telephone book.

DIRECTIONS: With one or two friends, try to locate an HIV/AIDS information or help number in the telephone book. In the space below write where you found the number. Then complete the form below and the one on the inside of this book's front cover. If you have trouble finding the number, call the local health department, crisis hotline, the National AIDS Information Line or the STD National Hotline (see inside of front cover).

_____

_____

_____

_____

HIV/AIDS HELP SOURCES

1. _____
(name of clinic, facility, or physician)

_____
(address)

_____ _____
(hours) (phone)

2. _____
(name of clinic, facility, or physician)

_____
(address)

_____ _____
(hours) (phone)

Local AIDS Hotline _____
(telephone number)

Activity #4: HIV/AIDS Life Situation

Practice in solving the problems in this exercise might help you deal with real-life situations. This activity requires you to use the information in this book to solve an HIV/AIDS problem for a young adult couple.

DIRECTIONS: Work out a solution to the problem situation by answering the questions below. Try solving the problem yourself before looking at the answer.

Situation: Kim and Michael are high school students in the same school and have dated each other for a long time. Michael uses intravenous drugs. They had too much to drink at a recent party, and afterwards had sex for the first time. Kim has heard all the news reports about the HIV problem and certainly wants to avoid infection. She is quite sure that she has *no* risk. Besides, Kim contends, teenagers do not get AIDS.

Questions: Is Kim correct in assuming that she has no risk of becoming infected? What information does she need to know about HIV infection, AIDS, intravenous drug use, and teenagers? Can she be completely sure that Michael is not infected? Should they be having sex?

Your Answer:

Answers: Kim is wrong in believing that she is not at risk for HIV infection. If Michael has HIV in his blood, she could have become infected during sexual intercourse. Women have contracted the virus from sex partners who are intravenous drug users. Even though only one percent of the AIDS cases are persons ages 5-20, many of those in the 20-29 age range who have AIDS got the virus as teenagers. Twenty-one percent of the total AIDS cases are in the 20-29 age group. Kim should not continue having sex with Michael. If Kim continues having sex with him, she should insist that he use a condom properly. She should also consider being tested for the HIV antibody and encourage Michael to consider testing too. If Kim's test results are positive, she should take precautions to avoid pregnancy because of HIV. It is safer to wait for sex until one can form a faithful marriage or a long-term faithful relationship with one uninfected partner. When deciding whether to have sex, there are many factors to consider other than HIV infection and sexually transmitted diseases. Religious teachings, personal and family values, the emotional well-being of your partner, and age, for example, are important to think about.

GLOSSARY

acquired immunodeficiency syndrome (AIDS) A serious illness caused by a virus that damages the body's immune system

amphetamines A group of drugs that stimulate the body's central nervous system

anonymous A person's identity is not known

anal intercourse Sexual union involving the penis in the anus

antibodies Substances in the blood produced by the body's immune system to fight against germs

bisexual A person who is sexually attracted to both females and males

blood-clotting factor One of a number of blood proteins and other substances that act together to stop bleeding

casual contact Non-sexual body contact including touching, hugging, handshaking, and sitting closely together

condom Rubber (latex) cover used over the penis during sexual activity to prevent the exchange of semen; offers protection against HIV and other STD. Condoms made of natural materials are not recommended for HIV/AIDS prevention.

confidential Information is kept private

diagnose Recognizing a disease by its signs and symptoms (only a health care professional can diagnose AIDS)

hemophilia Difficulty controlling bleeding because of the lack of one factor necessary for blood clotting

heterosexual A person who is sexually attracted to the other sex

homosexual A person who is sexually attracted to someone of the same sex

human immunodeficiency virus (HIV) The scientific name for the AIDS virus

illicit drugs Illegal drugs, such as heroin

immune system The body system that protects a person from disease

incubation period The period between when a person is first infected and when symptoms appear

infection Contamination with germs, such as viruses and bacteria

intravenous (IV) drugs Drugs injected into a vein

intravenous (IV) drug needle A needle connected to a syringe that is used to inject drugs directly into a vein

Kaposi's sarcoma (KS) A form of cancer that often occurs in persons with HIV infection

marijuana An illegal drug in which the dried leaves of the cannabis plant are smoked

nitrites A stimulant drug, also known as "poppers"

opportunistic diseases Cancers and infections that invade a person whose immune system is weakened by, for example, HIV

oral-anal sex Touching a partner's anus with the mouth

oral-genital sex Touching a partner's genitals with the mouth. Also, commonly called "oral sex"

***Pneumocystis carinii* pneumonia (PCP)** A lung infection having symptoms similar to severe pneumonia

prostitute A person who receives money for having sex with someone

recipient A person who receives something

rectum The lowest part of the large intestine

saliva The clear liquid in the mouth, also called "spit"

semen The fluid that is expelled from the penis during orgasm

sexual abstinence Not having sex with another person

sexual fidelity Having sex with one person only

sexual intercourse Sexual union involving the penis and the vagina; the union of the penis and anus (anal intercourse) and union of the penis and mouth (oral intercourse) are considered sexual intercourse by some

sexually transmitted diseases (STD) Diseases most often passed from person to person during sex

spermicides Chemicals in contraceptive foam, cream, or jelly, for example, that kill sperm and also most bacteria and viruses

sterile Being clean and free of disease organisms

symptoms Changes in a person's health that can be seen, felt, heard, or measured in some way

syringes Devices used with needles to inject drugs directly under the skin or into the blood

transfusion The transfer of blood from one person to another

transmitted Passed along from one person or place to another

urine Liquid waste, from food, expelled from the body through the urethra

vaccine A liquid substance given to a person to cause immu. to an infectious disease

vaginal fluids Liquid from the vagina

vaginal intercourse Sexual union involving the penis in the vagina, commonly called "sexual intercourse"

virus The smallest organism that can cause disease

HIV/AIDS SUMMARY

Infection with the human immunodeficiency virus (HIV) is one of the most serious epidemics of modern times. HIV is spreading in the United States and many other nations. One to 1.5 million persons in the U.S. already have become infected with HIV. Many of these people have developed AIDS. Over 50 percent of those with AIDS have died. No one has completely recovered from AIDS.

WHAT AIDS IS. The virus that causes AIDS usually weakens the immune system. The infected person may develop problems in fighting certain infections or cancers. The presence of these serious conditions in a person who is infected with HIV indicates that the person has developed AIDS. The infections or cancers, not the virus, usually kill the person. It is not known what percentage of persons infected with HIV will, in time, develop AIDS or become ill. However, the U.S. Public Health Service scientists have observed that up to 48 percent of HIV-infected persons have developed AIDS within 10 years after becoming infected. The virus can be transmitted soon after the person becomes infected. This is true even though the infected person will not usually look or feel sick for several years.

HOW HIV IS TRANSMITTED. HIV may be present in semen, vaginal fluids, and blood. It is transmitted by sexual contact or by sharing intravenous drug needles or syringes. The virus can also be passed from an infected woman to her child during pregnancy, delivery, or breast-feeding. Anyone — heterosexual, homosexual, or bisexual — engaging in sexual intercourse, or sharing intravenous needles or syringes with an infected person can become infected.

In the U.S., most diagnosed AIDS cases have been among male homosexuals (males who had sex with other males) and male bisexuals (males who had sex with both males and females). AIDS cases have also occurred among (1) intravenous drug users, (2) heterosexual sex partners of people with HIV infection, including intravenous drug users, bisexual men, and persons who acquired the virus through infected blood, (3) recipients of blood-clotting factors, and (4) children born to an infected mother. In Africa, most cases occur among heterosexuals.

HIV is not spread by casual, social, or family contact. A person cannot get the virus by touching or being near someone with HIV infection or AIDS.

HOW HIV INFECTION AND AIDS ARE DIAGNOSED. There is now a test for HIV antibodies. Positive test results mean that the person has been infected with HIV, and not that the person has AIDS. The development of certain serious illnesses indicates to physicans that a person has AIDS. The HIV-antibody test is also used to screen blood, semen, and organs. Persons who have engaged in any risky behaviors should consider taking the test. Local or state health departments provide confidential counseling and testing for all persons, including teenagers.

The incubation period for AIDS ranges from a few months to many years. Symptoms of infection with HIV may include tiredness, swollen lymph glands, fever, loss of appetite and weight, diarrhea, and night sweats. Only a physician can diagnose AIDS.

PREVENTING HIV INFECTION AND AIDS. Risk of HIV infection can be prevented or reduced by (1) sexual abstinence, (2) sexual fidelity, (3) using a latex condom during sexual intercourse, (4) avoiding sex with persons who may be at increased risk, (5) avoiding multiple sex partners, and (6) never sharing intravenous drug needles and syringes.

PROMOTING HIV/AIDS PREVENTION EFFORTS. One can help fight HIV infection and AIDS by (1) serving as a responsible role model, (2) promoting healthy peer norms, (3) correcting misinformation, (4) supporting a friend with AIDS, (5) providing support for HIV education, research, and services, (6) voicing concerns to officials, and (7) serving as an HIV/AIDS volunteer.

KEEPING INFORMED ABOUT HIV INFECTION AND AIDS. One can contact the local or state health department, a physician, or a local AIDS hotline for the latest information and material on HIV and AIDS. These sources can tell you the location of HIV-antibody testing, health care, and support services. Also, the National AIDS Information Line can be contacted at 1-800-342-AIDS (English-speaking), 1-800-344-SIDA (Spanish-speaking), or 1-800-AIDSTTY (hearing-impaired).

Even though there is no cure or vaccine for HIV infection or AIDS, HIV infection can be prevented. The best defense is to follow the prevention information presented here.

Association for the
Advancement of Health Education

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